

Journey




An Online Health/wellness Program

Join us for this 6 week health/wellness program to start 2016 off a healthier version of YOU!



What's included?

- 5 fitness class punch card to  Equilibrium
- Nutrition/fitness monitoring journal
- Goody bag of things to aid you on your *Journey*
- Weekly email newsletter featuring recipes, articles, at home workouts, tips and tricks & more!



January 11– February 19

\$45/person

Prizes given to those who lose the most pounds and inches & most challenge points!



Go to www.milfordrec.com to register!

Call us for more information: 249-0625